

25

SELF CARE ACTIVITIES

That take

5 MINUTES OR LESS

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| ☐ CLOSE YOUR EYES AND GO ON VACATION | ☐ SPEND TIME WITH YOUR PET |
| ☐ GRATITUDE JOURNALING | ☐ REACH OUT TO A FRIEND |
| ☐ STAND OUTSIDE | ☐ SET BOUNDARIES |
| ☐ DRINK WATER | ☐ WRITE DOWN YOUR THOUGHTS |
| ☐ EAT A HEALTHY SNACK | ☐ MINDFUL EATING |
| ☐ TECHNOLOGY TIME OUT | ☐ LISTEN TO MUSIC |
| ☐ STRETCH | ☐ ADJUST THE LIGHTING |
| ☐ TAKE IN THE MOMENT | ☐ DESK DECLUTTERING |
| ☐ TAKE A WALK | ☐ AROMATHERAPY |
| ☐ WATCH A CUTE ANIMAL VIDEO | ☐ LAUGH THERAPY |
| ☐ DO A CREATIVE ACTIVITY | ☐ HUG A LOVED ONE |
| ☐ SENSORY BREAK | ☐ HAVE A SQUARE OF DARK CHOCOLATE |
| ☐ THINK ABOUT A HOBBY YOU ENJOY | |